

# Cauliflower & Goat Cheese Soup



One of the great things about cauliflower is how well it takes on the flavors of other ingredients. In this case, the more pungent goat cheese adds an interesting and delicious dimension to the finished result. If you want more robust flavors, roast the cauliflower and onion before blending. The flavor will be more complex, but be aware the soup will take on a darker brown color as a result.

This quick and versatile soup makes a nice, light appetizer or a filling lunch when paired with a crisp, green salad.

## Ingredients:

1 large head cauliflower, rinsed, tough outer leaves removed  
2-3 cloves fresh garlic, roughly chopped  
2 green onions, rinsed, roots and dried ends removed  
2 t. dried parsley  
2-3 T. water  
Sea salt and freshly ground black pepper, to taste  
3-4 c. organic chicken or vegetable stock, divided  
4 oz. log goat cheese, cut into chunks

## Directions:

1. Cut up the cauliflower, stems included, into small pieces and place in a large colander. Rinse thoroughly under running water and let drain briefly when finished.
2. Place cauliflower in a large, microwave-safe dish with garlic, the white part of the green onions, and the dried parsley. Add 2-3 tablespoons of water and season with salt and pepper, to taste.

**natural**  
awakenings

**Prep time:** 10 minutes  
**Cook time:** 15 minutes  
**Serves 4**

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3. Cover container and microwave on high until the cauliflower is fork tender, approximately 6-7 minutes. (Actual cooking time will vary depending on microwave strength and the amount of cauliflower used, so test after 4 minutes and adjust cooking time accordingly).

4. Remove from microwave, and fill blender container nearly half full with the steamed cauliflower mixture. Add 1 cup stock to the blender and blend until smooth. (Make sure the blender lid is adequately vented to allow steam to escape before turning on the blender).

5. Pour cauliflower puree into a large soup pot and repeat with the remaining steamed cauliflower mixture and stock until it has all been pureed and transferred to the pot.

6. Turn heat to medium and cook until the cauliflower mixture is heated through, about 5-6 minutes, while stirring occasionally. Add the goat cheese and stir until blended. Cook another minute or two, or until the soup is uniformly heated. If soup is too thick, add additional stock to reach the desired consistency. If it is too thin, continue cooking until excess moisture has been reduced.

Taste and season with additional salt and pepper, if desired. Serve immediately topped with sliced green onion or crumbled bacon.



*“The food you eat can be either the safest and most powerful form of medicine or the slowest form of poison.” – Ann Wigmore*